

**ABSTRACT**

A method and system for tracking a body's bio-readings and environmental information in which such bio-readings are generated is disclosed. Conventional bio-reading sensor technology may be used in combination with technology for receiving information from electronic tags associated with items in a body's environment. Such technology may include RFID smart tags associated with items in an environment. Such smart tags store information describing the item associated with the smart tag. An RFID smart tag reader may be provided for retrieving item description information stored in such smart tags. The combination of bio-reading data and environmental data provide a power tool in evaluating behavioral and environmental variables that affect a body's bio-readings.